



### Adult Softball Leagues

Enjoy competing in one of Waukesha's finest programs, for players 16 years and older. Tentative league practice games begins the week of April 24, tentative league play begins the week of May 1-August 4. No games scheduled May 26 and 29, July 3-4.

Men's Leagues (M, Tu, W, Th, F) - Saratoga Complex

Women's Leagues (M) - Saratoga Complex

Co-ed Leagues (M, W) - Buchner Park

Games are scheduled at 6:30 pm, 7:30 pm, 8:30 pm and 9:30 pm based on an eight team schedule.

### Organizational Meeting:

**WPRF Office, Kathryn Muehl Room**

**Wednesday, February 1 at 6:30pm**

A team manager or representative is encouraged to attend this meeting. Team and player registration procedures, requirements, and season dates will be discussed. Contracts & roster sheets will be available.

### Registration Dates:

Team Contract & Team Entry Fee Due:

Returning & Transferring\* Teams: February 20-24

\*Transferring of teams is done in order of transfer requests received. Register early for transfers.

\*\*New Teams: February 27-March 3

\*\*New teams taken until leagues are filled.

**Registration ends March 31.**

**Team Entry Fee:** (tax included) Due at time of registration – Accepted at WPRF Office only.

Basic Team\*\$175

Provisional Plus\*\*\$350

\*Basic Team may have up to 5 provisional players (players meeting no eligibility rules) at the **cost of \$20 each.**

\*\*Provisional Plus is a team that has more than 5 provisional players (non Waukesha County residence).

**Player Fees: Due April 10**

**Player Roster Fees:** (tax included)

100% City Resident Teams: \$318

Teams with Non-resident Players: \$418

### Rosters:

New Teams: **Roster due upon registering.**

Returning Teams: **Rosters due one week prior to team's first league game.**

No rosters or fees are accepted at the playing fields.

### Tentative City Tournament Dates:

August 14-18 "C and D" Bracket

August 21-15 "A and B" Bracket

Weekend will be used due to weather cancellations.

### Kickball Leagues

Come and relive those fun filled days on the playground with one of the fastest growing sports in the area. Practice games will be held the week of April 24 with league play beginning the week of May 1.

Co-ed Leagues: (Tu or Th) nights - Buchner Park

Thursday night may have games at Saratoga.

Games are scheduled at 6:30 pm, 7:30 pm, 8:30 pm and 9:30 pm based on an eight team schedule.

### Registration Dates:

Team Contracts & Team Entry Fee Due:

Returning & Transferring\* Teams: February 20-24

\*Transferring of teams is done in order of transfer requests received. Register early for transfers.

\*\*New Teams: February 27-March 3

\*\*New teams taken until leagues are filled.

**Registration ends March 31.**

### Rosters:

New Teams: **Roster due upon registering.**

Returning Teams: **Roster due one week prior to team's first league game.** All rosters and player fees must be turned in to WPRF Office. No rosters or fees are accepted at the playing fields.

**Team Entry Fee:** (tax included) Due at time of registration Accepted at WPRF Office only.

Basic Team\*\$175

Provisional Plus\*\*\$350

\*Basic Team may have up to 5 provisional players (players meeting no eligibility rules) at the **cost of \$20 each.**

\*\*Provisional Plus is a team that has more than 5 provisional players (non Waukesha County residence).

**Player Roster Fees:** (tax included) **Due April 10.**

100% City Resident Teams: \$232

Teams with Non-resident Players: \$252





### Pickleball Classes

The Waukesha Parks, Recreation and Forestry Department's Pickleball classes have grown immensely since we started in 2011. We have approximately 200 players of all ages and abilities playing this great game. The winter/spring class offerings are designed to allow people with similar abilities to play together, with consideration towards wait times and number of participants registered. Feel free to register for multiple classes. **Paddles and balls will be provided.**

#### Pickleball – Social

The name is funny but the sport is full of action. Pickleball is a blend of tennis and ping pong played on a badminton-size court. It is one of the fastest growing sports in the country, especially in Senior Communities. Pickleball provides plenty of exercise and eye-hand coordination. This class is structured for players who have learned the game and are looking to improve their skills while having fun. Players should be working towards consistency in serving, returning serves, and sustaining a rally of volley and ground shots. This play is considered "Social Play", while providing a competitive edge. Players will continue to rotate on and off the courts during sessions. Tennis shoes are required, eye protection is encouraged.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M, Th	1/5-4/27	12:30-3:30 pm	\$15/\$22	8000.172

**Schuetze Recreation Center, Gym** Min:24 Max:75  
Instructor: WPRF Volunteers

#### Pickleball – Competitive

Pickleball is a blend of tennis and ping pong played on a badminton-size court. Pickleball provides plenty of exercise and eye-hand coordination. This class is structured for players who know the game and are practicing towards tournament play. Players will continue to rotate on and off the courts during sessions. Tennis shoes required, eye protection is encouraged.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	W, F	1/4-4/28	12:30-3:30 pm	\$15/\$22	8000.173

(no class 3/31)

**Schuetze Recreation Center, Gym** Min:24 Max:75  
Instructor: WPRF Volunteers

#### Pickleball – Saturdays

Did you play Pickleball in High School? Are you a tennis player who hasn't picked up a racquet in a while? Are you looking for a new sport for you and your friends to try? Come and play Pickleball. It is a blend of tennis and ping pong played on a badminton-size court. Pickleball provides plenty of exercise, eye-hand coordination and you don't have to be "super athletic" to play. This weekend option is ideal for "working" players. Court play will be divided by ability levels. All ages are welcome! Tennis shoes required, eye protection encouraged.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	1/7-4/29	9:00-11:45 am	\$7/\$10	8000.174

(no class 1/21, 4/1)

**Schuetze Recreation Center, Gym** Min:24 Max: 75  
Instructor/Coordinator: WPRF Volunteers

#### Pickleball – Advanced

Are you looking for advanced competitive play? Players in this class should display consistent and dependable strokes, including directional control and depth on both forehand and backhand shots. Reliable serves, lobs, overheads, approach shots and volleys, and can use spinshots with some success. Players should demonstrate 3rd shot strategies and drop shots. Fast paced fun will be enjoyed by all players.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	1/9-4/24	6:30-9:00 pm	\$13/\$20	8000.175

**Schuetze Recreation Center, Gym** Min:12 Max:28  
Instructor: WPRF Volunteers

#### Pickleball – Beginners

Have you heard about the game but never played? Has it been years since you picked up a tennis racquet or ping pong paddle? Beginning Pickleball will give you the game basics and allow you to learn at your pace. Volunteers will provide instruction and assist with games. Pickleball provides plenty of exercise, eye-hand coordination and you don't have to be "super-athletic" to play. All ages are welcome! For more information on Pickleball, visit: [www.USAPA.org](http://www.USAPA.org). Tennis shoes required, eye protection is encouraged.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	3/16-4/20	10:30 am-12:25 pm	\$5/\$8	8000.179

**Schuetze Recreation Center, Gym** Min:10 Max:24  
Instructor: WPRF Volunteers





## Daytime Classes

### Super Fit

This high energy exercise class will include Hi/Low aerobics, boot camp, circuit, interval training, cardio dance, toning, strength and more. Never a dull moment! Workouts are designed for all fitness levels and structured so no one is left behind. A great way to meet people, increase your energy level and improve your physical and social well being. Bring a water bottle and mat, no other equipment needed!  
NOTE: Childcare service is available for this class.

Your Choice – Half or Full Session

#### HALF SESSION:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,W,F	1/4-3/8	9:00-10:10 am	\$74/\$94	7000.120
16+	M,W,F	3/10-5/19	9:00-10:10 am	\$72/\$92	7000.121
(no class 4/10, 4/12, 4/14, 4/17)					

#### FULL SESSION:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,W,F	1/4-5/19	9:00-10:10 am	\$145/\$165	7000.122
(no class 4/10, 4/12, 4/14, 4/17)					

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Erin Krizizke, Certified NETA Instructor

### Super Fit Babysitting Service

Your child will enjoy spending time playing with other children while you stay healthy participating in exercise class.

Your Choice – Half or Full Session

#### HALF SESSION:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
0+	M,W,F	1/4-3/8	9:00-10:10 am	\$49/\$69	7000.170
0+	M,W,F	3/10-5/19	9:00-10:10 am	\$48/\$68	7000.171
(no class 4/10, 4/12, 4/14, 4/17) Each additional child \$20					

#### FULL SESSION:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
0+	M,W,F	1/4-5/19	9:00-10:10 am	\$97/\$117	7000.172
(no class 4/10, 4/12, 4/14, 4/17) Each additional child \$40					

### Schuetze Recreation Center, Riverview Room

Min: 8 Max: 16

Instructor: Lisa Morris



## Evening Classes

### ABC - Abs, Butt, Core

Want variety in your workout? Want to concentrate on Abs, Butt and Core? Join ABC. This class will focus on exercises to give you rock solid abs, tight buns and better balance. Strengthen and tone from head to toe. Use of balls, bands, tubes, and other “toys” will add variety and new dimensions to your workout. Please bring a water bottle and mat to class. All other equipment will be provided.

#### TWO DAYS A WEEK:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,W	1/4-3/8	5:30-6:15 pm	\$50/\$70	7000.109
16+	M,W	3/20-5/24	5:30-6:15 pm	\$53/\$73	7000.110

#### ONE DAY A WEEK:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	1/9-3/6	5:30-6:15 pm	\$24/\$36	7000.111
16+	M	3/20-5/22	5:30-6:15 pm	\$27/\$41	7000.112
16+	W	1/4-3/8	5:30-6:15 pm	\$27/\$41	7000.113
16+	W	3/22-5/24	5:30-6:15 pm	\$27/\$41	7000.114

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Sue Peterson, Certified NETA Instructor

### Fit Mix

This high energy exercise class will include Hi/Low aerobics, boot camp, circuit, interval training, cardio dance, toning, strength and more. Never a dull moment! Workouts are designed for all fitness levels and structured so no one is left behind. Great way to meet people, increase your energy level and improve your physical and social well being. Bring a water bottle and mat, no other equipment needed!

#### TWO DAYS A WEEK:

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	Tu,Th	1/3-3/9	6:15-7:15 pm	\$53/\$73	7000.100
16+	Tu,Th	3/14-5/18	6:15-7:15 pm	\$53/\$73	7000.101

#### ONE DAY A WEEK:

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	1/3-3/7	6:15-7:15 pm	\$27/\$41	7000.102
16+	Tu	3/14-5/16	6:15-7:15 pm	\$27/\$41	7000.103
16+	Th	1/5-3/9	6:15-7:15 pm	\$27/\$41	7000.104
16+	Th	3/16-5/18	6:15-7:15 pm	\$27/\$41	7000.105

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor



## ADULT FITNESS

### Gentle Yoga for Beginners

Yoga is a wonderful way to stay fit as you learn to breathe deeply and relax more fully. It's numerous health benefits help you to feel your best as you become stronger and more flexible. This is a slower paced, gentle class geared towards the beginner and those with physical limitations. Modifications and props are used so that the movements can be adapted to accommodate students of all ages and abilities. Each class finishes with a guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	1/9-2/13	5:30-6:45 pm	\$53/\$73	7000.137
16+	M	2/27-4/10	5:30-6:45 pm	\$61/\$81	7000.138
16+	M	4/17-5/22	5:30-6:45 pm	\$53/\$73	7000.139

#### Rotary Building

Min: 5 Max: 24

Instructor: Marie Coakley, RYT

### Yoga for Health and Fitness

Yoga is a great low impact form of exercise that uses self awareness and focus on the breath to connect Mind, Body & Spirit. This is a multi-level course designed to meet the health and fitness needs of class participants. With regular practice, yoga can help relieve the symptoms of many medical conditions including arthritis, back problems, muscle soreness and tightness due to sports or inactivity. Modifications are taught with props to meet individual needs of students so they can find balance between strength and flexibility as they are building stamina and focus. Each class finishes with guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	1/11-2/15	5:30-6:45 pm	\$53/\$73	7000.134
16+	W	3/1-4/12	5:30-6:45 pm	\$61/\$81	7000.135
16+	W	4/19-5/24	5:30-6:45 pm	\$53/\$73	7000.136

#### Rotary Building

Min: 9 Max: 24

Instructor: Marie Coakley, RYT

### Zumba

Zumba is the fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout! Routines will feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movement with easy to follow dance steps.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	1/9-2/13	5:30-6:30 pm	\$33/\$50	7000.154
16+	M	2/20-3/27	5:30-6:30 pm	\$33/\$50	7000.155
16+	M	4/10-5/15	5:30-6:30 pm	\$33/\$50	7000.156

#### E.B. Shurts Building, Women's Club Room

Min: 9 Max: 20

Instructor: Genelle Beyer, Certified Zumba Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	1/5-2/9	6:40-7:40 pm	\$33/\$50	7000.160
16+	Th	2/23-3/30	6:40-7:40 pm	\$33/\$50	7000.161
16+	Th	4/6-5/11	6:40-7:40 pm	\$33/\$50	7000.162

#### Schuetz Recreation Center, Activity Room

Min: 9 Max: 20

Instructor: Amy Sadenwasser, Certified Zumba Instructor

### Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	1/5-2/9	5:30-6:30 pm	\$33/\$50	7000.166
16+	Th	2/23-3/30	5:30-6:30 pm	\$33/\$50	7000.167
16+	Th	4/6-5/11	5:30-6:30 pm	\$33/\$50	7000.168

#### Schuetz Recreation Center, Activity Room

Min: 9 Max: 20

Instructor: Joan Bohte, Certified Zumba Instructor

### Tai Chi

#### For Beginners to Older, Active Adults

This class will improve balance, reduce stress and anxiety while increasing your energy and endurance with a moderately aerobic exercise. Create an enhanced mental and physical relaxation, stronger posture and muscle mass. This is truly a complete body exercise, inside and out.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	1/10-3/7	6:00-7:00 pm	\$50/\$70	7000.141
16+	Tu	3/21-5/16	6:00-7:00 pm	\$50/\$70	7000.142

#### Schuetz Recreation Center, Riverview Room and Activity Room (1/10, 1/17, 1/24 and 1/31)

Min: 9 Max: 15

Instructor: Ginny Mathias, Certified SFA Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	1/12-3/9	9:00-10:00 am	\$50/\$70	7000.143
16+	Th	3/23-5/18	9:00-10:00 am	\$50/\$70	7000.144

#### Rotary Building

Min: 9 Max: 20

Instructor: Ginny Mathias, Certified SFA Instructor

### NEW! 10K Challenge: 10 weeks to a 10K

Designed for the runner who can run 2 miles continuously and is ready for the next challenge. This program will teach you to safely increase distance to comfortably run 6 miles and to continue regular, injury free running. Fee includes coached weekly training sessions and a running shirt. On Saturday, April 1, 2017 we will run in the Trailbreaker Run (separate registration for 10K required). Please bring a water bottle and wear a watch to class.

Clothing: Need guidance on what to wear? The Runner's World website – What to Wear can assist you.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	Tu, Th	1/24-3/30	5:30-6:15 pm	\$99/\$119	7000.119

#### Frame Park - Gathering and Stretching Location: Schuetz Recreation Center, Conference Room

Min: 6 Max: 12

Instructor: Isaac Palmer

NOTE: Training will take place outdoors.

**NEW! Ballroom Basics for Balance™**

Challenge and improve your balance with basic moves of ballroom dance! A different dance will be introduced each week.

Dances include: Waltz, Merengue, Cha Cha, Rumba, East Coast Swing, Fox Trot and Tango.

This class is ideal for all participants (those who have a fear of falls, those who want to improve balance/safety mobility or those who feel that have good balance but simply want to learn to dance and learn preventative balance skills through dance movement). On January 18 and February 15, participants will have the opportunity to complete pre and post balance testing after class.



Please bring a 1" three ring binder to class and wear shoes that don't easily slip off your feet.

No experience or partner needed! Dances will be taught in line formation with options to dance with a partner.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	1/11-2/15	5:30-6:30 pm	\$33/\$50	7000.106

**Schuetze Recreation Center, Riverview Room** Min: 10 Max: 20  
Instructor: Becky Hels and Mary Berg, Ballroom Basics Instructors

**Saturday's Class****20/20/20 Strength**

Gain total body strength and definition with this dynamic and creative group strength-training class. The class uses a combination of power tubing, free weights and body weight exercises for an effective one hour class - 20 minutes upper body, 20 minutes lower body and 20 minutes of core conditioning. Perfect for men and women of all ages and abilities. No experience necessary! Bring a mat and a water bottle.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	1/7-3/11 (no class 1/21)	7:45-8:45 am	\$24/\$36	7000.132
16+	Sa	3/18-5/20 (no class 4/1)	7:45-8:45 am	\$24/\$36	7000.133

**Schuetze Recreation Center, Gym**

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor and Sue Peterson, Certified NETA Instructor

**2017 Seasonal Employment Opportunities**

WPRF is currently accepting applications for current and summer seasonal recreation, parks and aquatic positions listed below. Applications may be obtained at the WPRF Office or online at WPRF website/forms. Apply early, interviewing is generally completed in March.

**WINTER POSITIONS**

Before/Afterschool Instructors  
Toboggan Run Attendants (18+ yrs) (18+ yrs)

**SUMMER RECREATION POSITIONS**

Adult Softball Umpires (18 yrs+) Youth Soccer Referees Spring & Fall (16 yrs+)  
Golf Instructors (18 yrs+) Park Attendants (18 yrs+)  
Adult Softball Scorekeepers (16 yrs+) Youth Baseball/Softball Umpires (16 yrs+)  
Playground Leaders (18 yrs+) Formal Garden Attendants (18 yrs+)  
Building Attendants (18 yrs+) Saratoga Softball Supervisor (18 yrs+)  
Skateboard Instructor (18 yrs+)

**AQUATIC PROGRAM POSITIONS**

Concession Worker (16 yrs+) Front Desk Attendants (18 yrs+)  
Lifeguard (16 yrs+)\* Swim Lesson Instructor (16 yrs+)

**PARKS/FACILITIES POSITIONS**

Parks & Facilities Maintenance Workers (18 yrs+)  
Forestry Intern (18 yrs+)

**OFFICE POSITIONS**

Temporary Office Help (18 yrs+)

**VOLUNTEER POSITIONS**

Youth Soccer Coaches/Spring or Fall (18 yrs+)  
Youth Baseball/Softball/T-ball Coaches (18 yrs+)

\*Must possess/be pursuing American Red Cross Certification

**2017 COMMUNITY CALENDAR OF EVENTS**

**1/20-22 Waukesha JanBoree, Various Sites**

**2/11 Daddy-Daughter Dance, 1:30-3:00 pm, Avalon Square**

**2/21 Voting Spring Primary**

**4/4 Voting Spring Election**

**4/1 Trailbreaker Marathon**

**5/6 WMH Breast Cancer Walk**

**5/13 Kiwanis Canoe River Run, Rotary 9:00 am - 3:00 pm**

**6/3 Garden Club Sale, E.B. Shurts, 7:00 am-3:00 pm**

## Cardio Blast

Join us for a fun, energetic class that will improve your strength, balance, stability, core, agility and endurance. A combination of disciplines, Yoga, Pilates, Drums Alive, Cardio Dance, and Strength Training will challenge your muscles in different ways and keep you motivated all session long. Participants should bring a water bottle and mat to class. Men and Women of all fitness levels are welcome.

### TWO DAY OPTION

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	M, W	1/4-3/8	10:15-11:15 am	\$32/\$48	8000.111
55+	M, W	3/13-5/24	10:15-11:15 am	\$32/\$48	8000.112
(no class 4/10, 4/12, 4/17)					

### ONE DAY OPTION

55+	M	1/9-3/6	10:15-11:15 am	\$15/\$23	8000.113
55+	M	3/13-5/22	10:15-11:15 am	\$15/\$23	8000.114
(no class 4/10, 4/17)					
55+	W	1/4-3/8	10:15-11:15 am	\$17/\$26	8000.115
55+	W	3/15-5/24	10:15-11:15 am	\$17/\$26	8000.116
(no class 4/12)					

**Schuetze Recreation Center, Gym** Min: 12 Max: 50  
Instructor: Jessica LaBeree-Patt, Certified NETA Instructor

## Movers & Shakers

Experience an unforgettable and inspirational workout that will increase your fitness level, your circle of friends and keep you motivated to reach your fitness goals. Cardio dance, intervals, strength training (weights and band) and balance exercises will provide a great total body workout. Participants should bring a water bottle to class. All abilities welcome.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	Tu, Th	1/3-3/2	8:30-9:15 am	\$29/\$44	8000.103
55+	Tu, Th	1/3-3/2	9:30-10:15 am	\$29/\$44	8000.104
55+	Tu, Th	3/14-5/11	8:30-9:15 am	\$29/\$44	8000.105
55+	Tu, Th	3/14-5/11	9:30-10:15 am	\$29/\$44	8000.106

**Schuetze Recreation Center, Gym** Min: 12 Max: 50  
Instructor: Chris Yehle, Certified NETA Instructor

## Aquasize and Open Swim

These classes are designed to improve your strength, flexibility, range of motion and cardiovascular endurance. Participants will begin with warm up exercises, followed by a strength and endurance phase, and conclude with a relaxing cool down period. No prior aqua workout experience or swimming ability is necessary to enjoy the program. The Open Swim is lap swimming (pool width). Pool Temperature: The water temperature is 80 to 82 degrees. To some, this will be cold.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
55+	Tu, Th	1/10-3/9	9:00-9:55 am	\$36/\$54	8000.142
55+	Tu, Th	1/10-3/9	10:00-10:55 am	\$36/\$54	8000.143
55+	Tu, Th	3/21-5/11	9:00-9:55 am	\$28/\$42	8000.145
(no class 4/11, 4/13)					
55+	Tu, Th	3/21-5/11	10:00-10:55 am	\$28/\$42	8000.146
(no class 4/11, 4/13)					

**Carroll University, Van Male Natatorium** Min: 25 Max: 40  
Instructor: Joan Lockbaum  
Parking: On street parking where allowed. P9 and P10 parking lots off of Barstow are available.  
Attire: Must wear aqua shoes with non-slip tread.



## Cardio Dance

Discover the joy and health benefits of Cardio Dance! In this class, you will learn easy to follow steps with flair from different styles of dance including but not limited to swing, Latin, Broadway, hip hop, line dancing and ballroom. This program is suitable for all fitness levels and is appropriate for men and women. Participants should bring a water bottle to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	F	1/6-3/10	10:15-11:00 am	\$17/\$26	8000.107
55+	F	3/17-5/26	10:15-11:00 am	\$17/\$26	8000.108
(no class 4/14)					

**Schuetze Recreation Center, Gym** Min: 20 Max: 50  
Instructor: Becky Hels, Certified NETA Instructor

## Yoga

Experience the gentle yet invigorating powers of Yoga and Pilates based workouts. Benefits include; improved strength, flexibility, balance and coordination as well as reduced stress and muscle tension. Seated, standing and lying positions are included and modifications for movements and poses are available. Please bring a mat and small towel to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M, W	1/4-3/8	11:20 am-12:05 pm	\$41/\$62	8000.109
55+	M, W	3/13-5/24	11:20 am-12:05 pm	\$41/\$62	8000.110
(no class 4/10, 4/12, 4/17)					

Instructor: Jessica LaBeree-Patt, Certified NETA Instructor

55+	F	1/6-3/10	11:20 am-12:05 pm	\$22/\$33	8000.119
55+	F	3/17-5/26	11:20 am-12:05 pm	\$22/\$33	8000.120
(no class 4/14)					

**Schuetze Recreation Center, Gym** Min: 20 Max: 50  
Instructor: Becky Hels, Certified NETA Instructor

## Zumba Gold – Dance Your Way to Health For Beginners to Older, Active Adults

Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	1/5-2/9	5:30-6:30 pm	\$33/\$50	7000.166
16+	Th	2/23-3/30	5:30-6:30 pm	\$33/\$50	7000.167
16+	Th	4/6-5/11	5:30-6:30 pm	\$33/\$50	7000.168

**Schuetze Recreation Center, Activity Room** Min: 9 Max: 20  
Instructor: Joan Bohte, Certified Zumba Instructor



**NEW! Sr. Pickup Softball 55+ Games**

Looking to play softball but don't want to join a team? Come on out to Saratoga Sports Complex and join in on the fun!

A new game will start on the hour.

AGE	DAY	DATES	TIME	R/NR FEE
55+	W	6/7-7/26	9:00 am-Noon	*

Saratoga Sports Complex

\*\$5.00 per session, paid at Saratoga Complex.

NOTE: Enter through the front gate located off of Prairie Ave.

**NEW! Ballroom Basics for Balance™**

Challenge and improve your balance with basic moves of ballroom dance! A different dance will be introduced each week. Dances include: Waltz, Merengue, Cha Cha, Rumba, East Coast Swing, Fox Trot and Tango.

This class is ideal for all participants (those who have a fear of falls, those who want to improve balance/safety mobility or those who feel that have good balance but simply want to learn to dance and learn preventative balance skills through dance movement). On January 18 and February 15, participants will have the opportunity to complete pre and post balance testing after class.

Please bring a 1" three ring binder to class and wear shoes that don't easily slip off your feet.

No experience or partner needed! Dances will be taught in line formation with options to dance with a partner.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
18+	W	1/11-2/15	5:30-6:30 pm	\$33/\$50	7000.106

**Schuetze Recreation Center, Riverview Room** Min: 10 Max: 20  
Instructor: Becky Hels and Mary Berg, Ballroom Basics Instructors

**Tai Chi For Beginners to Older, Active Adults**

This class will improve balance, reduce stress and anxiety while increasing your energy and endurance with a moderately aerobic exercise. Create an enhanced mental and physical relaxation, stronger posture and muscle mass. This is truly a complete body exercise, inside and out.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	1/10-3/7	6:00-7:00 pm	\$50/\$70	7000.141
16+	Tu	3/21-5/16	6:00-7:00 pm	\$50/\$70	7000.142

**Schuetze Recreation Center, Riverview Room and Activity Room (1/10, 1/17, 1/24 and 1/31)** Min: 9 Max: 15

Instructor: Ginny Mathias, Certified SFA Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	1/12-3/9	9:00-10:00 am	\$50/\$70	7000.143
16+	Th	3/23-5/18	9:00-10:00 am	\$50/\$70	7000.144

**Rotary Building** Min: 9 Max: 20

Instructor: Ginny Mathias, Certified SFA Instructor

**NEW! Sr. Social Golf League (55+)**

This is a social league open to men and women ages 55 +.

We will keep scores but stats will not be tallied. You can sign up as a single, with partner, or any size group. Tee times will be from 9:00-11:00 am (early tee times are filled first at registration but requests will be taken). If you sign up with a partner or group you can play together. What's all included in your cost: 6 rounds of golf, weekly event holes, welcome coffee and donuts at beginning of league and snack and beverage social last day of league. Carts can be rented on league days for \$7.00 per person at the course.

AGE	DAY	DATES	TEETIME	R/NR FEE	CODE
55+	W	5/3-6/7	9:00-11:00 am	\$75/\$95	5900.170

**Moor Downs Golf Course**

Min: 12 Max: 36

Phone Number: (262) 548-7821

**Schuetze Recreation Center Gym Open Walking**

AGE	DAYS	TIME	R/NR FEE
55+	M, Tu, W, Th, F	7:45-8:30 am	No Fee

(no open walking 12/23-1/2 and 5/29)

**Knitting**

Wanted: Beginner and advanced knitters looking for a good time and helpful instruction. Learn the basics of this useful craft or work on the projects of your choice. Come join us! We'll keep you in stitches.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	M	1/23-3/27	1:00-3:00 pm	\$38/\$57	8500.120

**Schuetze Recreation Center, Conference Room**

Instructor: Michele Steinbacher

Min: 8 Max: 20

**Needlework for Everyone**

Perfect for the beginner or experienced crafter wishing to improve their skills in various needlework. This class is designed to assist people in the areas of needlepoint, crewel, counted cross stitch, knitting and crocheting. All levels and projects are welcome. You may bring your own work or the instructor will assist you in choosing new works.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	1/24-3/28	10:00 am-Noon	\$38/\$57	8500.121

**Schuetze Recreation Center, Conference Room**

Instructor: Michele Steinbacher

Min: 8 Max: 20

**BBAD – Bridge is Fun Club**

Duplicate Bridge Game sanctioned by American Contract Bridge League (ACBL). Master points awarded. Need not be a member of ACBL to play. If you need a partner or have questions, call Lynette at (262) 370-9578.

AGE	DAY	DATES	TIME
55+	W	January-May (no program 12/28)	10:00 am

**E.B. Shurts Building, Women's Club Room**

Coordinator: Lynette Koski

**Open Bridge**

Duplicate Bridge Game sanctioned by American Contract Bridge League (ACBL). Master points awarded. Need not be member of ACBL to play. If you need a partner or have questions, call Jim or Donna Karius at (262) 524-9293.

AGE	DAYS	DATES	TIME
55+	Tu, Th & 1 <sup>st</sup> and 3 <sup>rd</sup> F	January-May (no program 12/27, 12/29, 1/20)	11:30 am

**Schuetze Recreation Center, Riverview Room**

Coordinators: Jim and Donna Karius

**Senior Fun Bridge Group**

All abilities welcome! Bridge will be played on the first and third Monday of each month. Play six hands and pivot three times (24 hands) giving you a chance to mingle and make new friends. (Marathon only)

AGE	DAY	DATES	TIME	R/NR FEE
55+	1 <sup>st</sup> & 3 <sup>rd</sup> M	January-May (no program 1/2)	Noon	Yearly dues (\$5.00) are paid to the group to cover activities.

**Schuetze Recreation Center, Riverview Room**

NOTE: No registration required.

**Bunco**

Looking for a great way to socialize? Looking for fun and laughter? Join us for an afternoon of Bunco, a very easy fast paced dice game. Everyone Welcome! No experience necessary.

AGE	DAY/DATE	TIME	R/NR FEE
55+	4 <sup>th</sup> Mondays (no program 12/26)	1:00-3:30 pm	No Fee

**Schuetze Recreation Center, Riverview Room**

Instructor: Judy Flak, National Certified Activity Professional

**American Mah Jongg Class**

Mah Jongg is a tile game that involves skill, strategy, calculation and chance (similar to the card game Rummy). No Mah Jongg experience or knowledge is required and a practice Mah Jongg set will be provided for the duration of this class. Students will learn the basic moves, tiles will be explained and shown in detail. Practice games will take you step-by-step through the opening moves, the middle strategies, combinations and the end game.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Th	4/6-4/27	2:00-4:00 pm	\$20/\$30	8500.122

**Schuetze Recreation Center, Conference Room**

Instructor: Lori Petersen

Min: 8 Max 12

**American Mah Jongg Meet Ups**

Play Mah Jongg and meet other people. Beginners are welcome but this meet up is designed for players with a basic knowledge of the game (American Mah Jongg Class recommended). Players must bring their own Mah Jongg set.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Th	1/5-5/18	1:30-3:30 pm	\$10/\$15	8500.133

**Schuetze Recreation Center, Meeting Room** Min: 8 Max 20**NEW! MindAlert Workshop: Effective Techniques for Enhancing Brain Health**

This workshop is based on the American Society on Aging's MindAlert initiative designed to promote innovative practices to help older adults maintain and enhance mental fitness. Participants will learn how to incorporate cognitive stimulation into their daily routine. Brain based exercises will stimulate both sides of the brain and boost memory. Learning experiences will stimulate linguistic, logical, spatial, musical, kinesthetic and personal dimensions of intelligence and demonstrate that learning can be fun.

**Learning Objectives:**

- Participants will have a better understanding of how the brain works and how it changes as we age.
- Participants will learn about evidence-based techniques to maintain and enhance cognitive fitness throughout the lifespan.
- Participants will gain additional resources for innovative ideas and materials to incorporate mental fitness into their routine.

The session begins with an overview of brain function and age related changes. We will discuss how the brain influences behavior and how behavior influences the brain. The program is very interactive. Participants will engage in a variety of exercises which will demonstrate special strategies for promoting brain fitness on a daily basis. Don't miss out on this interactive workshop!

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	W	1/25	2:30-4:00 pm	No Fee	8500.130

**Rotary Building**

Instructor: Robert J. Best NHA MAPS, Executive Director, Oak Hill Terrace





### Painting Open Studio

This Open Studio format is designed for painters with some experience, who would like to share their love of this art with others. The Open Studio allows painters to discuss their work, ask for suggestions, critique works and share this wonderful art form. Painters must bring their own supplies but plenty of work space and light are available. Come when you can, leave when you must!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	1/24-4/11	9:30 am-2:30 pm	\$15/\$22	8500.156

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 22

### Senior Frauds and Scams

Unfortunately, many criminals are not hesitant to take advantage of a vulnerable population. Join us for an Interfaith Senior Programs presentation, Frauds and Scams, to avoid being a victim of a scam. Interfaith Senior Programs has been able to research and assemble educational resources to help seniors be more aware of common scams, such as:

Sweepstakes	Telemarketing
Funeral	Grandparent
Medical/Medicare	

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	W	3/15	2:30-3:30 pm	No Fee	8500.131

### Rotary Building

Instructor: Interfaith Senior Programs



### Order in the Court Series

#### Power of Attorney for Health Care – What You Need to Know About Advance Directives

Creating an advance directive is key to ensuring that your voice is heard. An advance directive is a legal document that allows you to express your decisions about end-of-life care and share that information with family, friends and health care professionals. Despite knowing how valuable these documents are many people don't take the time to create them because they feel the process is intimidating. This workshop will allay those fears.

Join ProHealth Care's Melissa Hale, MSW, for a step-by step guide to understanding, creating and using these crucial documents. This workshop will examine the purpose and legal standing of advance directives. Workshop participants will have the opportunity to leave the session with a completed document.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	Tu	1/10	5:00-5:45 pm*	No Fee	6000.125

(\*Pre-registration required)

**Schuetze Recreation Center, Riverview Room** Min: 8 Max: 60  
Instructor: Melissa Hale, Pro Health Care Advance Care Planning Coordinator

### Power of Attorney for Finance

Don't delay any longer – complete this document in this two night program! We encourage you to bring your spouse or other appointed person to the presentation. A durable power of attorney (aka Power of Attorney for Finance) for finances is a simple and reliable way to arrange for someone to manage your finances if you become incapacitated or otherwise unable to manage them. A financial power of attorney is a good document not only to protect yourself, but it can also be a great blessing for your family. If you become unable to make decisions for yourself and you haven't prepared a durable power of attorney, a court proceeding is probably inescapable. Your loved ones will have to ask a court for authority over at least some of your financial affairs. Having a Power of Attorney for Finance in place that has the correct language in many cases is also the difference between being able to protect assets in the case of a nursing home/disability situation or having to spend them down.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	Tu	1/17 & 1/24*	5:00-5:45 pm	\$60/\$80 Single	6000.126
16+	Tu	1/17 & 1/24*	5:00-5:45 pm	\$100/\$120/Couple	6000.127

(Please put both names on registration form)

\*1/17 Group presentation/discussion, 1/24 pick up completed document – Please note: Melissa Robe will be available to answer questions between 1/17 and 1/24

**Schuetze Recreation Center, Riverview Room** Instructor: Melissa Robe, Estate Planning Attorney  
Min: 15 Max: 60

#### Estate Planning (Trust, Wills, Pay or Transfer on Death Designations, Joint Tenancies, and More)

No matter how large or modest, everyone has an estate. Your estate is comprised of everything you own – your car, home, real estate, checking and savings accounts, investments, life insurance, retirement funds, furniture and personal possessions. Estate planning also includes planning for your most important assets: underage children, pets or other loved ones. There are many vehicles that you can use to plan your estate. Plans can vary from simple to complex depending on your assets and goals. Planning your estate is not a "one size fits all" approach and Estate Planning Attorney, Melissa Robe, will discuss the many aspects involved including the distribution of assets upon your death, tax minimization, funeral planning and avoiding probate/court proceeding. This workshop is designed to give you an overview of Estate Planning. After the presentation, Attorney Robe will be available to schedule an individual consultation to review your personal estate planning options. The best benefit is peace of mind knowing you have a properly prepared plan in place.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
16+	1/31	Tu	5:00 pm-7:00 pm	\$27/\$41	6000.128

**Schuetze Recreation Center, Riverview Room** Min: 15 Max: 60  
Instructor: Melissa Robe, Estate Planning Attorney

**Helping Hands**

Donate your time by getting involved in volunteer opportunities that will make a difference in your community. Projects are completed in a social environment at the Schuetze Recreation Center. Drop in anytime.

AGE	DAYS/DATE	TIME	R/NR FEE	CODE
55+	2 <sup>nd</sup> & 4 <sup>th</sup> Friday of the month	2:30-3:30 pm	No Fee	8500.126

**Schuetze Recreation Center, Riverview Room**

Instructor: Katie Madaus, Activity Coordinator

**Open Cards**

Primarily sheepshead and Bridge are played, but other games welcome. Games are self directed and players are encouraged to bring partners.

AGE	DAY	TIME	R/NR FEE
55+	M	6:00-8:00 pm	No Fee

(No program 12/19, 12/26, 5/29)

**Schuetze Recreation Center, Riverview Room**

NOTE: No fee or registration required.

**Golden Agers/Open Cards**

A card and game playing social club for adults 55 years and better. Games include: Sheepshead, Canasta, Rummikub and Mexican Train/Dominoes. Other games such as Scrabble, Cribbage, Five hundred, or Euchre are welcome. No experience is required for any of the games other than Sheepshead. Participants playing Sheepshead should have a working knowledge of the game.

AGE	DAY	TIME	R/NR FEE
55+	W	11:30 am-3:00 pm	Members pay monthly dues (\$3.00) to cover the cost of refreshments and other club activities.

(No program 12/21, 12/28)

**Schuetze Recreation Center, Riverview Room**

NOTE: Membership is required to participate.

**Tuesdays at Two Book Circle**

Join us on Tuesday afternoons at the Schuetze Recreation Center for an afternoon book club! Meet weekly to discuss the assigned chapters of the chosen book, mingle and answer some thought provoking questions while enjoying light refreshments. Check out the monthly senior newsletters for book club details!



AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	Tu	3/7-4/25	2:00-3:00 pm	No Fee	8500.129

**Schuetze Recreation Center, Conference Room**

Instructor: WPRF Volunteer

Min: 4 Max: 25

**Brown Bag Conversations**

Don't miss the opportunity to learn more about your community! Join us for informal interactive discussions with local officials, business leaders and organization directors in a relaxed environment. Bring your lunch (coffee will be provided), your thoughts, questions and ideas.

If you have a suggestion for a future conversationalist please submit your written ideas to the Senior Advisory Board, 1900 Aviation Dr., Waukesha, WI 53188

AGE	DATE/DAY	TIME	R/NR FEE
55+	3rd Wednesdays	Noon-1:00 pm	No Fee

**January 18 – Aging & Disability Resource Center**

Waukesha County's Health and Nutrition Supervisor will be joining us to discuss nutrition and resourceful cooking for one.

**February 15 – Interfaith**

The Faith-based nonprofit agency, Interfaith Senior Programs, will be discussing their agency which helps seniors and adults with disabilities through direct services and volunteer opportunities.

**March 15 – Waukesha County Master Gardens**

Anyone who is interested in learning more about the many aspects of horticulture, join us in welcoming Waukesha County's Master Gardeners for a discussion on starting a garden and nurturing your plants.

**April 19 – WI Department of Natural Resources**

Joe Liebau, Secretary's Director for DNR in Southeast Wisconsin, will guide us through a general overview of the tasks and responsibilities of the Department of Natural Resources.

**Rotary Building**

NOTE: No fee or registration required.

**Photography Club**

Club members need to only have an interest in photography and a digital camera. The main emphasis of the club will be the achievement of excellent photographic results using bridge and point-and-shoot type cameras. Throughout the year, club activities will include taking all types of photographs while learning to exploit all the capabilities of member cameras. If you shoot all your photos on the "A" setting, this club is for you.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	2/22-5/9	3:30-5:00 pm	\$10/\$15	8500.127

**Schuetze Recreation Center, Conference Room**

Instructor: Rudy Willis

Min: 12 Max: 35

### iPad Basics

How can your iPad further enrich your life? Do you want to show your kids/grandkids that you are really not technology challenged. The iPad is a wonderful device that can do everything from entertain you with games and streaming movies to helping you get work done with word processors and spreadsheets to letting you browse the web, check email and keep up with Facebook. Even though it is easy to use, it can be a little intimidating for the first-time user which is where this program will help.

Bring your iPad and questions to our program.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
55+	W	1/4-2/8	3:30-4:30 pm	\$5/\$8	8500.128

### Schuetze Recreation Center, Conference Room

Instructor: Rudy Willis and Gene Braun Min: 4 Max: 10

### AARP Driver Safety Program

The all new AARP Smart Driver course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Since 1979, the course has helped over 14 million drivers learn proven safety strategies and tips for how to adapt one's driving to compensate for physical and cognitive changes that may come with aging. Plus, you may qualify for an automobile insurance discount by completing the course (participants should check with their auto insurance agent for details).

AGE	DAY	DATE	TIME	R/NR FEE	CODE
50+	Th	3/23	8:30 am-12:30 pm	\$15*	8500.175
*AARP Members/\$20 Non-AARP Members					

### WPRF Office, Kathryn Muehl Meeting Room

Instructor: AARP Staff Min: 10 Max: 20  
NOTE: \*Check Payable to AARP at the class. Must be pre-registered to participate.

### Senior Day Trips

WPRF offers exciting day trips for people 55 years & better. These tours include unique destinations, places you may not visit on your own. All tours are advertised in the "Seniors on the Go" newsletter, including registration information. This fall's upcoming schedule includes:

January 5 – **The Sound of Music**, Marcus Center for Performing Arts, Milwaukee

January 28 – **"The Wonder Bread Years"**, Schauer Center, Hartford

February 5 – **Milwaukee Symphony Orchestra Pops "The Music of John Williams"**, Marcus Center for Performing Arts

February 23 – **DUKES of Dixieland**, Sharon Lynne Wilson Center, Brookfield

March 9 – **Saturday Night Fever**, Drury Lane, Oakbrook Terrace, IL

March 23 – **Art in Bloom**, Milwaukee Art Museum

March 28 – **Booth Brothers Christian Concert**, Fireside, Fort Atkinson, WI

March 30 – **Cinderella**, Marcus Center for Performing Arts (Family Trip)

April 30 – **Chicago**, Marcus Center for Performing Arts (Family Trip)

### Second Monday of the Month - Special Events at the Schuetze Recreation Center, Riverview Room



#### "Jazz and Love" Don Weast Jazz Group

Join us for a romantic, musical afternoon of smooth jazz and sweet chocolate. Don Weast and Friends will be gracing us with classic jazz hits to get you in the Valentine's Day spirit!

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	M	2/13	2:00-3:00 pm	No Fee	8500.123
but preregistration is required					

#### Sham "Rock" II Evan and Tom Leahy Concert

You asked for it, we're going to bring it! The Evan and Tom Leahy Band is back for their second annual Sham "Rock" St. Patrick's Day Concert. The Leahys have been performing lively Irish Pub music for over 20 years. This father and son duo, also founding members of the Irish Folk group Leahys Luck, will get you in the spirit of the St. Paddy's season! Be sure to be wearin' the green! Refreshments will be served.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	M	3/13	2:00-3:00 pm	No Fee	8500.124
but preregistration is required					

#### Spring into Spring Bingo

Finish off our spring time special events with everyone's favorite, Bingo! Gift Cards will be up for winning and light refreshments will be served. You don't want to miss this Spring themed Bingo party!

AGE	DAY	DATE	TIME	R/NR FEE	CODE
55+	M	4/10	2:00-3:00 pm	No Fee	8500.125
but preregistration is required					

### Schuetze Recreation Center, Riverview Room

#### Senior Newsletter

For your convenience, you may receive the senior newsletter by mail. Please send payment to:

WPRF Department  
1900 Aviation Drive  
Waukesha, WI 53188

AGE	MAILING FEE	CODE
55+	(Jan.-Dec.) \$8/\$12	8500.110



You can also view newsletter on our website or sign up for FREE e-subscription.

#### Waukesha Senior Calendar

A website created to help seniors (ages 55+) in Waukesha County find out what's going on in their community!

[www.WaukeshaSeniorCalendar.org](http://www.WaukeshaSeniorCalendar.org)

The website is designed and maintained by staff and volunteers of Interfaith Senior Programs, Inc. to benefit seniors throughout Waukesha County. [www.InterfaithWaukesha.org](http://www.InterfaithWaukesha.org) for more information.